

PEHP LightenUp

FREE WEIGHT MANAGEMENT CLASS

Roadblocks and Plateaus Learning Activities

As you review the information in this week's webinar you will see there are many things that can contribute to the weight loss plateau. Attached you will find some additional ideas and resources to review this week.

- If you have found your calories have slowly crept up, try reducing your total daily calories by 100-200 kcals to help you get past the weight loss plateau. Here are some ideas from www.webmd.com:
 - Eat a high-fiber breakfast that will help reduce the quantity of food eaten at lunch.
 - Use mustard or low-fat mayonnaise on your sandwich instead of regular mayonnaise.
 - Have a piece of fresh fruit instead of cookies or chips.
 - Drink diet soda instead of regular soda.
 - Choose sherbet or sorbet over super-premium ice cream.
 - Use 2 tablespoons of light whipped butter or margarine instead of regular.
 - Top your favorite pasta with a red sauce instead of a cream sauce.
 - Eat a snack-sized chocolate bar instead of a whole candy bar. And choose heart-healthy dark chocolate.
 - Order your pizza with veggies instead of high-fat meat toppings.
 - Order your sandwich on whole-grain bread instead of a croissant or bagel.
 - Try an open-faced sandwich with only one slice of bread.
- Identify at least one of your roadblocks, make a plan, then take action to move past it.